



Better-Than-Ever Beef Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup tex mex cheese shredded divided kraft
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 pound extra ground beef lean
- ☐ 8 6-inch flour tortillas
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons 2 tablespoons kraft calorie-wise zesty italian dressing italian kraft
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 cups salsa divided

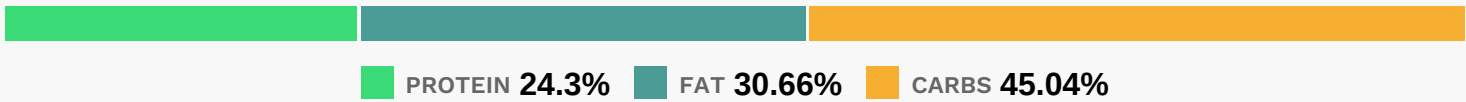
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 400 degrees F. Brown meat with peppers in large nonstick skillet. Stir in 1 cup salsa; simmer 5 min., stirring occasionally.
- ☐ Remove from heat; stir in 1/4 cup cheese.
- ☐ Spread 1/4 cup of the remaining salsa onto bottom of greased 13x9-inch baking dish.
- ☐ Brush dressing lightly over both sides of tortillas. Stack 4 tortillas; wrap in large sheet of waxed paper. Microwave on HIGH 10 to 20 sec. or just until warmed. Immediately spoon 1/3 cup meat mixture down centre of each warm tortilla; roll up.
- ☐ Place, seam-side down, over salsa in dish. Repeat with remaining tortillas and meat mixture; top with remaining salsa. Cover with foil.
- ☐ Bake 20 min. or until heated through. Uncover; top with remaining cheese.
- ☐ Bake 2 to 3 min. or until melted. Top with cilantro.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:4.87, Inflammation Score:-6, Nutrition Score:11.104347742122%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 183.2kcal (9.16%), Fat: 6.29g (9.67%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.2g (6.62%), Sugar: 4.66g (5.17%), Cholesterol: 23.11mg (7.7%), Sodium: 745.25mg (32.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Vitamin C: 20.68mg (25.07%), Selenium: 13.48µg (19.25%), Vitamin B3: 3.76mg (18.8%), Phosphorus: 168.37mg (16.84%), Vitamin B6: 0.3mg (14.81%), Vitamin A: 693.36IU (13.87%), Vitamin B12: 0.79µg (13.24%), Vitamin B1: 0.2mg (13.23%), Zinc: 1.97mg (13.16%), Manganese: 0.25mg (12.49%), Iron: 2.15mg (11.94%), Vitamin B2: 0.18mg (10.68%), Fiber: 2.58g (10.31%), Calcium: 102.01mg (10.2%), Potassium: 348.02mg (9.94%), Folate: 37.98µg (9.5%), Vitamin K: 8.55µg (8.14%), Vitamin E: 1.15mg (7.64%), Magnesium: 26.24mg (6.56%), Copper: 0.1mg (5.23%), Vitamin B5: 0.41mg (4.12%)